KIDNAPPED REPORTER REVEALS SWAP, PG 6

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Style pg 18

Pro tips on going glam for the holidays

Another shoe with remains found in B.C.

RCMP Another running shoe with what police suspect are human remains inside has washed ashore in Richmond, B.C., along the South Arm of the Fraser River, RCMP in Vancouver said yesterday.

The left-foot New Balance running shoe, which was discovered by a Richmond couple Tuesday, is the seventh shoe containing remains found along the Fraser River or Gulf Islands in the past 16 months.

The first five running shoes contained human feet. A sixth shoe, found near the Vancouver Island-town of Campbell River, B.C. in June, was a hoax.

JEFF HODSON/METRO CANADA

Metro Homes pg 15

Do décor in your colours

Food pg 16

Suave, sexy appetizers

Celeb pg 22

Brangelina to adopt again?

Eau Claire Market **Buckets of holiday cheer**

ROBIN KUNISKI/FOR METRO CALGARY

Patty Tuttle, with Miles Display and Design Ltd., hopes to spread the Christmas cheer early this year at Eau Claire Market, busily setting up the downtown centre's holiday display.

Spray eyed in school evacuation

Kids complain of irritation

NEIL MACKINNON
neil.mackinnon@metronews.ca

Elementary schools and pepper spray don't mix, especially during photo re-shoot day.

A student possibly monkeying around with bear spray forced the evacuation of Marlborough elementary school yesterday morning, forcing nearly 500 students to seek shelter in nearby Bob Edwards junior high.

Around 11:20 a.m. Calgary EMS and fire were called to the school for complaints from around 15 students with burning eyes and lips, said the fire departments Jeff Budai.

Students and staff evacuated the building before crews arrived while fire fighters, in full breathing apparatus, swept through and the around the building twice with sniffing devices.

"We found nothing," Budai said. "We suspect it might have been pepper or bear spray, but we weren't able to confirm that, there's a lot of scenarios, it might have even been sprayed outside and brought in through the ventilation system."

No one was seriously affected or transported to hospital, said Paul Lapointe, with Calgary EMS.

"The sheer numbers made it very challenging, Lapointe said. "Any time there's children involved, too, there's that heightened sense of wanting to help even more."

Dawn Svenningsen, a parent volunteer helping with photo re-shoots said she saw a kid running through the hallway holding his eyes and moments later, the evacuation notice went out.

"It's an elementary school, they shouldn't be playing with that kind of stuff," she said.

150 checked

- Calgary EMS assessed more than 150 students — 28 every 10 minutes — after kids complained of burning eyes and lips.

'Deanna' may hold clues to sex assault case: Police

PHONECALL Police believe a woman kidnapped and sexually assaulted during a four-hour ordeal on Monday was forced to describe over the phone what the suspect was doing to her.

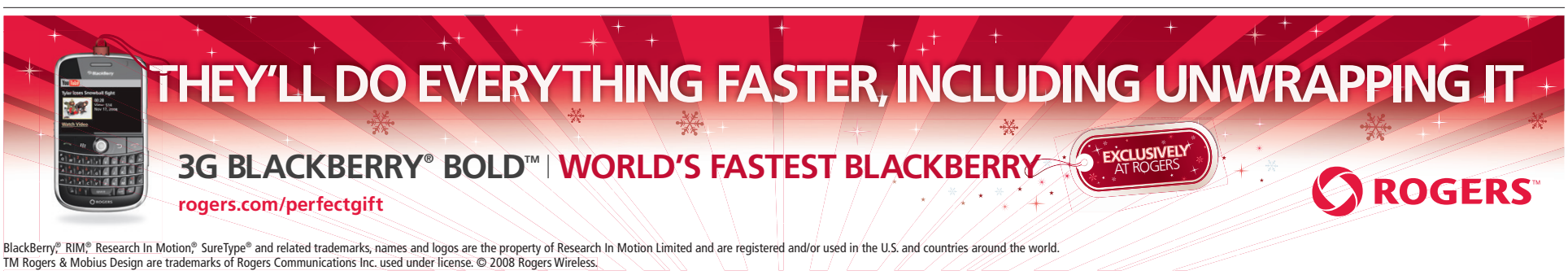
And now cops are asking for Calgarians to come forward to identify the woman known only as "Deanna" who may have information about the suspect.

"There is a degree of uncertainty in that aspect of why that phone call took place ... what we do know is it did take place, and we do know the entire incident is concerning," Staff Sgt. Curtis Olson of the sex crimes unit said. Police believe the woman may have been the suspect's girlfriend or common-law wife.

"This is a very traumatic situation for anyone. It's all very disturbing," he added.

Police are asking anyone with information about "Deanna" or the possible names of the suspect "Mike" or "Angel" to contact them at 403-266-1234.

KRISTA SYLVESTER/METRO CALGARY



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Charges laid in attack and robbery of innkeeper
Five people have now been charged in relation to the July 21 robbery of the Wheatland Hotel in Strathmore, in which the hotelier was physically assaulted and attacked with bear spray in front of his one-year-old daughter. METRO CALGARY

Local

Woman fighting for life after crash

A woman believed to be in her 40s was sent to hospital in potentially life-threatening condition after the vehicle she was driving collided with a road grader. The crash happened around 3:45 p.m. near the intersection of Southland Drive and Deerfoot Trail, where paramedics provided advanced life-support. A 13-year-old male passenger received minor injuries and the grader driver was uninjured. METRO CALGARY

Mass murderer gets snowed in

PASS Icy roads kept convicted mass murderer David Shearing in the slammer yesterday, preventing him from using a four-hour pass for a medical appointment.

Shearing was to be allowed out of Bowden Institution on an escorted leave, but road conditions forced that pass to be postponed.

Shearing, on the verge of serving 25 years of his life-sentence for killing six family members in B.C. in 1982, was denied parole last month. METRO CALGARY

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Please recycle

The penny brigade

KRISTA SYLVESTER
krista.sylvester@metronews.ca

ROBIN KUNISKI/FOR METRO CALGARY

From left, Diane Davidson, firefighter Dave Bayrack and Ellice Goldberg of UNICEF help count out thousands of coins at Station #4 collected during the Halloween UNICEF campaign.

Every penny counts.

That's the message students are learning after coming together with UNICEF and the Calgary Fire Department to make a change for students across the world.

Students from over 130 elementary Calgary schools collected change over Halloween in an effort to raise more than last year's $200,000 total to help build schools in Africa, according to UNICEF spokesperson Adriana Simon said.

"It makes a huge different to students there that can go to school, learn, play and have clean water before going home to their families," she said.

She said volunteers, students and off-duty firefighters have been coming together for almost 50 years for fundraiser.

Coordinator John Conley said over a three-day period about 25 off-duty firefighter volunteers go around city schools picking up the change, before bringing it back to volunteers to sort through.

"We have volunteers who keep coming back year after year because it's such a great event," he added.

Including senior Roy Shelley, president of the Firefighter Pension Association and volunteer at the event for 20 years.

"I just like to help out and I think we all try to do what we can. I'll keep doing it 'til I drop off the face of the earth," he said.

The final tally won't be ready until tomorrow.

ShareYourViews
calgaryletters@metronews.ca

Don your red Santa hat and volunteer

SALLY ANN The Salvation Army is calling on 1,500 volunteers to come forward to help spread holiday cheer this winter to those who need it.

It's almost that time of year again and Sally Ann is looking for Calgarians to operate the seasonal red kettles in various malls across the city for the Nov. 19 — Dec. 24 campaign.

"It's really about Calgarians coming together to help other Calgarians not just for the Christmas season, but for the rest of the year, too," Salvation Army community coordinator Sigrid Mahr said.

Mahr said there are various shifts available throughout the week and the city for volunteers to pick up allowing for flexibility.

"It's a lot of fun and it gives people a chance to meet other people of different ages and also just help the community."

Those interested in volunteering can contact Sarah Koester at 403-410-1121 or by email at sarah.koester@centreofhope.org.

KRISTA SYLVESTER/METRO CALGARY

City's businesses go head-to-head
Over 100 nominations were received for the Better Business Bureau's 11th annual Business Ethics Awards, which will be held tonight at the Westin Hotel. METRO NEWS SERVICES

News in brief

MISSING A 2002 John G. Diefenbaker high school graduate who went missing in Las Vegas more than two years ago will be profiled on America's Most Wanted Saturday. Jessie Foster went missing on March 29, 2006, after working as an escort and her mother, Glendene Grant, fears she may have fallen victim to a human trafficking ring. Grant, who has been on a tireless campaign to find her daughter or her remains, said America's Most Wanted was in Las Vegas talking to police about missing and murdered women and her daughter, along with three other missing women whose stories are similar, will be featured for Saturday's program. "I am so stoked," said Grant. "This is almost a dream come true for Jessie's case."

METRO NEWS SERVICES

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ROBIN KUNISKI/METRO CALGARY

Vivian Pan holds her daughter Sophia Zhang, 3, at the Sunridge Flu Clinic. Over 30,000 Calgarians have been immunized for the flu so far this year.

Fending off the flu

Sylvia Areny knows the importance of getting a flu shot during the winter season — she is an elementary teacher.

And like many other teachers, she is exposed to hundreds of students a day, and kids are often carrying the virus.

"I usually get sick a few times a year. My hands are so dry from washing them so often," the 28-year-old kindergarten and Grade 1 teacher said.

That's why Areny takes advantage of the free flu shots the public school provides teachers every year.

Dr. Judy MacDonald, deputy medical officer of health, said a flu vaccination is the best defense.

"People working around children a lot would benefit from getting the flu vaccine so they don't spread it to other teachers and staff," she added.

KRISTA SYLVESTER/METRO CALGARY

The best defense

- Over 30,000 Calgarians have gotten a flu shot at one of the city's flu clinics.

City hosts tax hike open house

PROPERTY Calgarians upset with the city's proposed 23.3 per cent property tax hike are being given an outlet to vent their frustrations, offer suggestions for cuts or to seek information from senior city staff.

The city will be holding an open house Saturday from 10 a.m. to 3 p.m. on the Plaza level of City Hall.

Stelmach not so green: Swann

ENVIRONMENT Alberta Liberal leadership hopeful David Swann took a few swipes at premier Ed Stelmach Wednesday, citing a poll that said only 16 per cent of Albertans think the province is a good environmental steward.

"Clearly, Albertans have seen through Premier Stelmach's efforts to greenwash his government's poor environmental record," Swann said. He called on the province to establish solid timelines for greenhouse gas emission reductions and stronger enforcement.

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Crisp family to set up foundation in son's name

The family of Brandon Crisp — a Barrie, Ont., boy who was found dead last week of an apparent fall from a tree — has set up a trust fund in his name to create a foundation dedicated to helping disadvantaged youth play minor league sports. **METRO NEWS SERVICES**

Canada

Mounties in India over bombing

Five RCMP officers have travelled to India to investigate the 1985 Air India bombing, say reports. The Mounties were to question two Sikh separatists at the high-security Burail prison in Chandigarh, reported the Times of India. Air India Flight 182 went down in the Atlantic Ocean off the coast of Ireland on June 23, 1985, killing all 329 people, many of them Canadians.

CBC NEWS ONLINE

News in brief

TORIES Conservative party members will gather in Winnipeg today for a policy convention. It's unlikely the party brass will start rewriting the platform that Prime Minister Stephen Harper was elected on but it will define how members perceive their party.

CRIME Canadian prison authorities were forced to release a 450-pound gang member this week because he was too large for his cell, the Journal de Montreal newspaper reported yesterday. He had served two years of a five year sentence.

BEER As central bankers try to prop up an ailing global economy with financial bailouts, a tiny B.C. brewery has stepped into the battle with what it bills as a recession-fighting ale. Howe Sound Brewery is now selling Bailout Bitter at its pub in Squamish. **REUTERS**

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Auto bailout in question

Finance Minister Jim Flaherty says people in his own Whitby-Oshawa riding are urging Ottawa not to bail out the Big Three North American automakers when they may not survive.

Flaherty said in Toronto yesterday that while some people are calling for financial assistance, others believe it would be good money after bad.

"There are many people saying we should do something with respect to the auto sector. But I can tell you, even in my own riding where I was yesterday, in Whitby-Oshawa, which is the home of General Motors of Canada, there are also people who say, 'Don't do anything — don't use my tax money to bail out an enterprise that may not survive'," Flaherty said.

CAW

- Former CAW boss Buzz Hargrove accused Flaherty of just voicing his own opinion

His comments appeared to contradict the positive message from the First Ministers' meeting earlier this week, which left premiers with the impression Ottawa was poised to help the struggling industry with a bailout package.

TORSTAR NEWS SERVICE

Ignatieff to take run at leadership

LIBERALS Liberal MP Michael Ignatieff will today officially announce he's running for the Liberal leadership, even as another contender says that a "generational change" in the leadership is urgently needed to reconnect the party with Canadians.

Michael Ignatieff

Ignatieff, the party's deputy leader, plans a morning news conference in Ottawa to confirm that he will run again for the prize that he narrowly lost to current leader Stéphane Dion nearly two years ago.

Three other possible contenders for Dion's job, David McGuinty, Gerard Kennedy and Denis Coderre, yesterday announced they would not seek the leadership at the convention in May.

TORSTAR NEWS SERVICE

STEPHANIE JENZER/REUTERS

Canadian Broadcasting Corp. reporter Mellissa Fung describes where she was stabbed by Afghan abductors as she is interviewed by a colleague.

Fung claims swap occured

KIDNAPPING The Canadian journalist kidnapped near Kabul last month said yesterday that she had been released in exchange for relatives of her chief abductor, who the Afghan authorities had put in jail after she was seized.

CBC reporter Mellissa Fung was freed on Saturday after 28 days in captivity. She said most of the kidnappers had been very young men and were clearly members of a criminal gang rather than the Taliban. Fung said that family members of that gang were released in exchange for her safe retrurn.

Prime Minister Stephen Harper said on Monday that no "political prisoners" had been exchanged for Fung, a choice of words that could exclude the possibility of family members being used in a swap.

REUTERS

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American Idol wannabe found dead in apparent suicide

A woman who once tried out for top-rated television show American Idol and appears to have been an obsessed fan of judge Paula Abdul has been found dead of an apparent suicide near the pop star's home. Police said they discovered the body of Paula Goodspeed, 30, in a car near Abdul's Los Angeles home Tuesday night. REUTERS

World

Best bottoms in the world

Brazil's Melanie Nunes Fronckowiak, left, and France's Saiba Bombote, far left, pose after they won the female and male final of the "most beautiful bottom in the world" competition in Paris yesterday. Some 45 finalists from 26 different countries took part in the competition to win a modelling contract and 15,000 euros prize money.

REUTERS

Four dead in Israeli-Hamas clash

GAZA Israeli soldiers shot dead four Hamas gunmen in the Gaza Strip yesterday during an incursion, drawing a volley of Palestinian mortar fire and promises of revenge in a further setback to a fraying ceasefire.

Tensions had already been running high over an Israeli halt to the import of fuel and humanitarian aid to Gaza following a similar clash on Nov 5. But Israeli Defence Minister Ehud Barak said some supplies would be allowed through today. REUTERS

Russia rejects U.S. missile shield plan

DEFENCE The Kremlin yesterday rejected U.S. proposals aimed at easing concerns over a missile defence system in Europe and said it would try again to resolve the row once Barack Obama is in the White House. REUTERS

Italy **Landmark right-to-life case**

REUTERS/HANDOUT

Italy's top court could have the final word on whether a man can remove the feeding tube which has kept his comatose daughter, Eluana Englaro, pictured, alive for 16 years, in a landmark right-to-die case that has split the country.

Freeze worse than Ice Age coming?

Scientists say planet could cool in 10,000 years

The planet could face a freeze worse than an Ice Age starting in as little as 10,000 years, giving future societies a headache the opposite of coping with global warming, scientists said yesterday.

The researchers, based in Britain and Canada, said that now-vilified greenhouse gases might help in future to avert a chill that could smother much of Canada and the United States, Europe and Russia in permanent ice.

They said the study, based on records of tiny marine fossils and the earth's shifting orbit, did not mean the world should stop fighting warming, stoked by human emissions of heat-trapping gases from burning fossil fuels.

"We're saying: 'don't push the panic button'," said Thomas Crowley, an American scientist at Edinburgh University who shared authorship of the study in the journal Nature with a colleague at Toronto University.

"There's no excuse for saying 'we've got to keep pumping carbon dioxide (CO_2) into the atmosphere", he told Reuters by telephone, adding that the cooling was projected to start in 10,000 to 100,000 years.

"Geologically it's tomorrow," he said. "But we have a lot of time to argue about the appropriate level of greenhouse gases."

The projected build-up of vast ice sheets across the Northern Hemisphere and over seas around Antarctica would also lower sea levels by perhaps 300 metres — connecting Russia to Alaska by land.

REUTERS

Obama to act quickly on climate change

- President-elect Barack Obama will act against climate change early in his presidency, an environment adviser said Wednesday amid doubts that a U.S. carbon-capping program will be in place before 2010.

U.S. changes bank bailout plan

CRISIS The U.S. Treasury backed away from using a $700 billion US bailout fund to cleanse bank balance sheets of bad mortgage debt, while Europe reported more gloomy economic news, fanning fears of a worldwide recession.

Global stock markets fell, with Wall Street down for a third straight day and the tech-heavy Nasdaq closing at a five-year low. The price of oil tumbled 5 per cent to just above $56 a barrel.

Secretary Henry Paulson, in the most explicit sign yet that Treasury was abandoning its initial plan for the rescue funds, said he preferred to focus instead on buying stakes in banks to encourage them to increase lending.

"I will never apologize for changing an approach or strategy when the facts change."
Henry Paulson, U.S. Secretary of the Treasury

Treasury initially promoted the bailout as a way to help banks unload toxic mortgages, but yesterday, Paulson defended the change in a news conference, saying, "I will never apologize for changing an approach or strategy when the facts change."

Paulson's announcement added to worries stoked by dismal employment data from Britain and a World Bank warning Tuesday that global trade may contract in 2009.

REUTERS

Get a Bush for your bookshelf

MEMOIRS Republicans may have been voted out of power but they could dominate U.S. political bookshelves with memoirs by President George W. Bush and first lady Laura Bush among the possible coming attractions.

Laura Bush

Publishers would eagerly offer Laura Bush seven figures for her memoirs, publishing experts say, raising the question of whether she could fetch more than her husband.

Yet both could be outdone by Sarah Palin, the feisty governor of Alaska and unsuccessful Republican vice presidential candidate in last week's election.

"Rightly or wrongly, the public seems to have taken a fancy to Palin and I would imagine she'd get more than either of them at this silly moment in our lives," said John Baker, the former editorial director at Publishers Weekly who is now an agent.

REUTERS

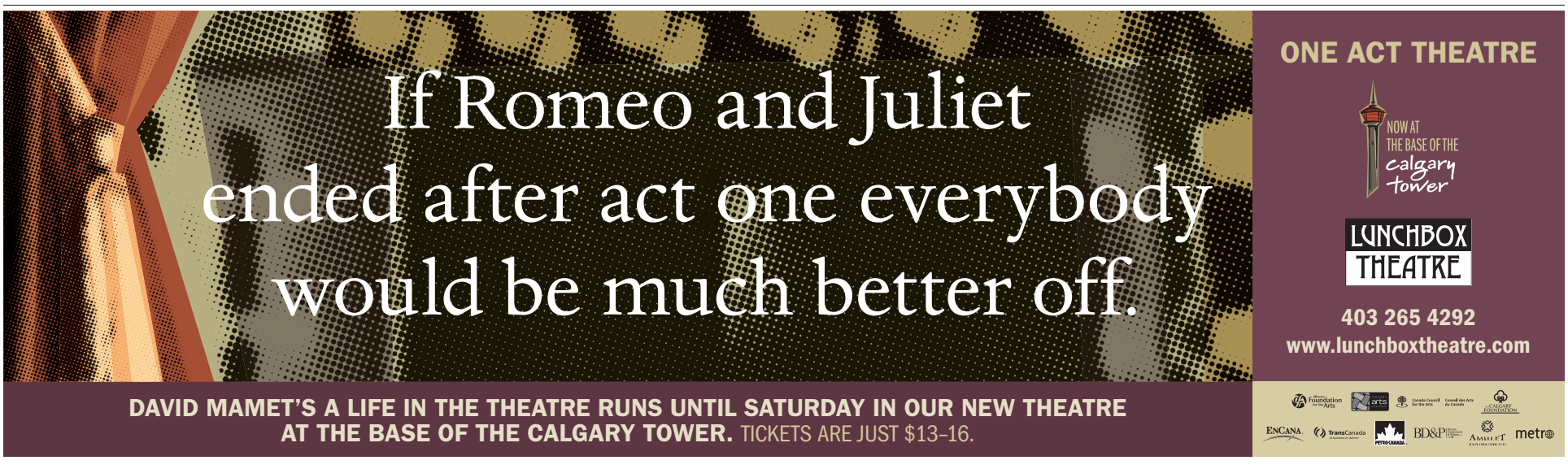
News in brief

HAITI A two-story school partially collapsed in Haiti's capital yesterday and at least nine people were taken to hospitals, five days after another school collapse that killed 95 people, officials said.

WEIGHT A study has confirmed that simple measurements of the waist and hips may offer a better way of predicting obesity-related death than a standard system of relating weight to height.

MARRIAGE Gay and lesbian couples exchanged vows in Connecticut yesterday.

REUTERS



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Gay TV channel picks up Canadian reality series

MTV Networks' Logo channel has acquired the Canadian gay-themed reality series Chris & John to the Rescue! from Canada's OUTtv. Logo picked up three seasons of the series which features best friends as they provide aid to people in need. REUTERS

Officials to grill automaker CEOs on bailout

Lawmakers plan to question chief executives of stricken U.S. automakers on their pleas for an industry bailout, while the Bush administration responded coolly yesterday to an aid plan being shaped by Democrats.

Administration officials and some lawmakers expressed concern about industry viability, considering the automakers are churning through cash and have a poor near-term outlook. One Democrat, New York Sen. Charles Schumer, wants assurances Detroit will not seek yet more money in six months.

Rep. Barney Frank, chairman of the House Financial Services Committee, said he would hold a hearing Nov. 19 on legislation to extend up to $25 billion to General Motors Corp, Ford Motor Co, and Chrysler LLC.

The domestic auto giants have sought emergency assistance to help them survive a steep and worsening drop in auto sales that they blame on the global credit crisis and slumping economy.

GM has said it could run out of cash by early next year.

Frank's committee expects to hear from CEOs Rick Wagoner of GM, Alan Mulally of Ford and Bob Nardelli of Chrysler.

"This level of economic devastation far exceeds the ....support that our industry needs to bridge this current period."
GM sales chief Mark LaNeve

United Auto Workers President Ron Gettelfinger will also testify before Frank's panel next week, a union official said.

The four men lobbied House and Senate Democratic leaders last week on the need for a rescue.

GM U.S. sales chief Mark LaNeve told dealers in a letter obtained by Reuters yesterday that the cost of allowing an industry collapse would be "catastrophic" in job losses, personal income reduction and reduced tax revenues.

"This level of economic devastation far exceeds the $25 billion of government support that our industry needs to bridge this current period," LaNeve said.

GM appealed to dealers and employees to lobby for help. REUTERS

Kurd-Arab tensions could distrurb current calm in Iraq

In battle-scarred Mosul, Kurds and Arabs trade accusations rooted in ethnic rivalry and a battle for oil and power that many fear threaten security in Iraq.

Kurds make up about a quarter of Mosul's residents and represent a powerful minority in this northern Iraqi city still shaken by car bombs and assassinations.

The army in Mosul is mainly Kurdish, which angers Sunni Arabs who make up about 60 per cent of the 2.8 million population of the province of which Mosul is the capital.

Mosul, a strategic city where cultures, religions and ethnicities collide, saw an exodus of thousands of Christians last month following a campaign of threats and violence against them. REUTERS

The 'green line'

- Kurds, who make up a fifth of Iraq's mainly Arab population, vie for control of disputed cities, towns and villages along the "green line" that divides Kurdistan from the rest of Iraq.

Bishops warn Obama on abortion stance

RELIGION U.S. Catholic bishops told President-elect Barack Obama yesterday his election was not a referendum on abortion, even though a majority of Catholics helped elect him despite an abortion rights stand the bishops oppose.The bishops were alarmed that his election may support pro-abortion federal legislation. REUTERS

News in brief

SANCTIONS Britain has circulated a draft resolution that would impose new UN sanctions on anyone contributing to violence and instability in Somalia, UN Security Council diplomats said yesterday.

STOCK MARKET Intel Corp cut its fourth-quarter revenue forecast by about 14 per cent citing weak demand across the world and in all its products, indicating the economic crisis is set to hurt computer sales in the holiday season. REUTERS

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Comment & Views

Comment

Portrait of contempt

Conservatives mysteriously abandon gallery in Ottawa

Home&Abroad

Andrew Cohen

Canada & world insight

If we wonder why so few Canadians voted in the last federal election — a record low turnout — the reason may be how disdainfully their government treats them.

We need not agree with the government's decisions, but we are entitled to know why and how it makes them. Isn't that what democracy is about?

Consider the mysterious decision to cancel the Portrait Gallery of Canada, which was announced stealthily last week. The purpose of a national portrait gallery — which serious countries have — is to educate people, to display the past in pictures, to tell history through the images of those who create a country.

A year ago, the Conservatives announced they would invite bids from developers in nine cities to host the gallery, which was proposed for Ottawa by the Liberals in 2001. It was embarrassing, a country handing a public gallery to private developers and possibly moving it out of the national capital, but that isn't the point here. The point is the contempt it showed for Canadians.

"We need not agree with the government's decisions, but we are entitled to know why and how it makes them."

Last Friday, the government announced it would not accept any of the bids. None met its criteria. So it cancelled the gallery entirely. It refused to reveal the bids or how they were judged, saying only that a gallery is now too expensive.

But what was most telling was the process here. James Moore, the new, highly regarded minister of Canadian Heritage, did not call a news conference, which would have been honest.

Instead, Moore's office issued a three-paragraph statement after hours on Friday, when everyone had gone home. His spokeswoman, Deirdra McCracken, said it wasn't ready earlier.

Issuing late news releases is an old trick. The idea is to play down an unpopular decision, ensuring that few people see it and discuss it.

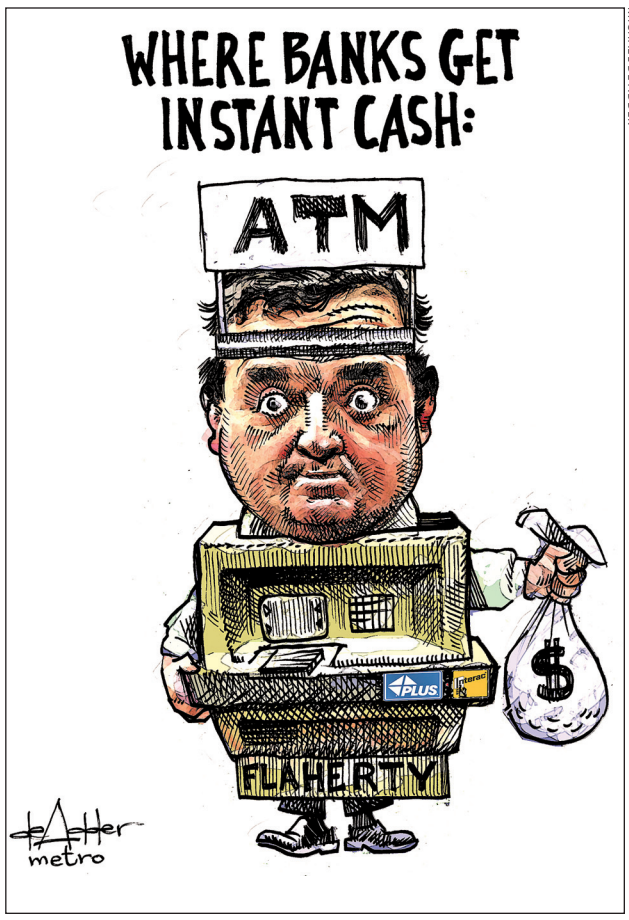
Ask McCracken about this and her stonewalling has a Bambi-like innocence. Why, she even wonders — this is true — did she receive "so few calls from reporters" to speak to Moore, who made himself available to say the gallery would now cost $100 million rather than $44 million, without providing any evidence whatsoever.

We can only guess that journalists were unaware of the opportunity to spend their Friday night chatting with McCracken, who surely could have delayed the urgent statement until Monday, and had her minister deliver it.

The reason for this little game? Limit debate. Avoid discussing a legitimate national enterprise seven years in the making. Treat voters like children.

Then wonder why so few vote.

Andrew Cohen teaches journalism at Carleton University. He is the author of Extraordinary Canadians: Lester B. Pearson.



MICHAEL DE ADDER

Views

An ode to average Canadian children

By KELLY SCHWARTZ

Kelly Schwartz

As I sit and listen to my son massacre one of several timeless left-hand-then-right-hand classics on the piano, six words immediately come to mind: "Wow! A prodigy he is not!"

But he is not entirely to blame for either his lack of skill or devotion to this parent-imposed ritual of daily aural abuse. I'm really just passing down another of the several rites of passage my parents did "to" me, and thus anything less than sitting and kicking the bejeepers out of the old upright piano for 30 minutes a day is better than I did at his age.

His lack of attention to excellence is compounded by the unseasonably warm autumn weather, which means he is missing one of several street hockey games that are calling his name much louder than the sweet notes of Cantina Band in Bb screaming awkwardly from his fingers. Both of us finally give in — and give up — and out the door he goes with stick in hand.

While I sit and ponder whether or not street hockey might be an Olympic sport by the time my son is ripe of Olympian age, I find myself struck with a mix of mild disappointment and peaceful resignation that my kids are (gasp!) average. From what I can see so far, my kids are no Sidney Crosby, no Wesley Chu, no Miley Cyrus (whew!), and no Lauren Bay Regula (for women's fastball novices, she was the star pitcher on Canada's 2008 Olympic softball team). And guess what? The more I learn about kids and healthy development, the more you and I should be OK with that.

You see, our country, its families, and parents in particular need to be content with the fact that millions of our kids are simply average, normal, and just plain plain. Encouraging our kids achieve to their potential is one thing, but demanding that they be the best at everything is simply unrealistic. Our homes are not the set of a Hannah Montana episode (and thankfully sans mulleted fathers like Billy Ray Cyrus!), and real life means it's OK for our kids to just be kids.

As I put the piano books away I can hear the cheers from the street. My boy can go shelf on the shooter tutor like no other! Well, not really, but as far as average Sydneys go, he's pretty good.

Kelly Dean Schwartz (PhD social psychology) is a professor at the University of Calgary where he directs an on-campus clinic serving children and families.

Letters

Dan Rebolledo, CALGARY

Re: City of Calgary budget

Calgarians need to do some real homework if they want the real picture on how the city spends its money. Relying on the media is like getting rumours from a water cooler before going into a meeting.

Suggesting further cuts is the wrong way to go when the city is already struggling to maintain the quality of front-line services with an extremely low current taxation rate, which is one of the lowest in the country.

Do some real research. Make up your own mind, then decide who you really want to criticize. And report the substance of the story, not just the buzz. People desire to be informed, not just entertained.

David Hamilton

Re: Addressing an elephant (Nov. 12)

Paul Sullivan asks a bizarre question that we heard before and during the election, namely: "What kind of country allows a separatist party to hold the balance of power?"

Surely the answer is obvious: A democratic country. What is he advocating here — banning political parties whose views some people don't like?

That's ridiculous and hardly worthy of taking up space in your paper.

Lyle Walter Jr., OTTAWA

Re: Addressing an elephant (Nov. 12)

Mr. Sullivan, thank you for telling it like it is re: the Bloc and Canadian political parties. It boggles the mind. I have been saying this for more years than I care to remember. It seems that we in Canada spend more time and effort appeasing Quebec than anything else.

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Game over for illegal internet gambling
The U.S. Treasury Department and the Federal Reserve issued a final rule yesterday to implement a 2006 gambling act aimed at stopping illegal Internet gambling. REUTERS

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

$50B bump

Canada buys more mortgages

The Canadian government will buy up $50 billion more in insured mortgages from banks as part of a series of steps announced yesterday to improve the availability of long-term credit.

The move came as U.S. Treasury Secretary Henry Paulson said he was backing away from buying troubled mortgage assetsusing a $700 billion US bailout fund. Canadian officials said the key difference between the two approaches is that Canadian mortgages are not in distress.

Other measures taken by Ottawa included making it cheaper to use government insurance to guarantee bank borrowing, loosening regulations for banks to allow them more sources of funding, and boosting the borrowing authority of the government's Business Development Bank by $1.8 billion.

The Bank of Canada also set up a term loan facility to lend $8 billion to banks in four tranches, using their non-mortgage loans as collateral. REUTERS

Benefits

- Canadian banks, with strong balance sheets and healthy mortgages on their books, are using the government buyback program to fund themselves at rates comparable with, or better than, what banks elsewhere in the world can get, TD Bank President and Chief Executive Ed Clark said yesterday.

Canwest slashes 560 jobs

MEDIA Canwest Global Communications Corp. is cutting 560 jobs at its newspapers and television stations to slash costs and to try to cope with an advertising slowdown. Canwest said yesterday that the job cuts will be carried out through buyouts, attrition and layoffs. REUTERS

In brief

AIR CANADA
ACE Aviation Holdings Inc, the parent company of Air Canada, said Tuesday it's still looking for ways to wind itself down but it's unlikely to do so by making a cash offer for the public minority stake in the airline. REUTERS

GOOGLE
Shares of Google Inc yesterday fell below $300 for the first time since late 2005 after analysts lowered estimates on the Internet search giant, citing a weak advertising market. REUTERS

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MLB Network hires former Blue Jay, Reynolds
Former major leaguers Al Leiter and Harold Reynolds were hired yesterday as studio analysts for the MLB Network, which launches Jan. 1. Trenni Kusnierek and former Rogers Sportsnet personality Hazel Mae were hired as reporters. METRO NEWS SERVICES

Sports

Ruutu suspended

Jarkko Ruutu is the latest NHLer to be disciplined for a dangerous hit. The Ottawa Senators forward received a two-game suspension yesterday after catching Montreal's Maxim Lapierre with an elbow early in the third period of a game on Tuesday night. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Burris is game for another crack at it

Stamps quarterback still looking for first trip to Grey Cup as a starter

DAN TOTH
for Metro Calgary

If the West Division final were an earthquake, the epicentre would be pinpointed beneath the football cleats of Henry Burris.

The Calgary Stampeders quarterback has been the focus of his team's fortunes — good and bad — since being anointed the club's saviour before the 2005 season.

For the most part Burris has delivered, leading the Stamps this fall to their fourth straight Canadian Football League playoff appearance, certainly reason to celebrate after missing the post season three consecutive years prior to his arrival. But quick exits, with Burris failing to play up to expectations in two of those three playoff outings, has left many wondering if the high-priced pivot can win the big game.

In 10 CFL seasons, Burris has delivered only one playoff victory, an upset of the Edmonton Eskimos in the 2004 semifinals while at the controls of the Roughriders offence. Now there's little doubt Burris is preparing for the biggest game of his football life when the Stamps host the B.C. Lions on Saturday, 2:30 p.m. at McMahon Stadium.

"Definitely it is," agrees the 33-year-old product of Spiro, Okla., still looking to earn his first start in a Grey Cup game. "Any time you get to go to the Big Show as a starter — I won a Grey Cup here with Calgary as a backup (in 1998) — but everybody wants to win it while making a real contribution to the team. So it's definitely a really big game for me, but I'm going to go out there Saturday and do my job and just do what I'm supposed to do." So despite the pressure to finally overcome the playoff hurdle, Burris says the Stampeders are oozing confidence after finishing the season in first place with a 13-5 record to earn a bye to the division final.

Burris has only one postseason win as a starter.

"We're so loose and so hungry to win ... there's really no pressure."
Henry Burris

Unlike the cocky bravado the team demonstrated in past post seasons, Burris says the club is buoyed by a quiet confidence as it prepares to host the Lions, who they defeated in all three meetings this season.

"One thing about our team is we're so loose and so hungry to win that for us there's really no pressure," says Burris, who led the club to four consecutive wins to finish the regular season.

"We're going to go out and just play football, play the game. We're enjoying just going out and entertaining each other and entertaining our fans and doing the little things that will make us winners. That's what we focus on more than anything else and I think that's what people have seen from us the last few weeks."

Burke leaves Ducks, Leafs next?

NHL Brian Burke stepped down as general manager of the Anaheim Ducks yesterday, clearing the way for a possible move to the Toronto Maple Leafs. Burke, who is also general manager of the U.S. national team for the 2010 Vancouver Olympics, will be replaced by the Ducks' senior vice president of hockey operations Bob Murray.

Burke refused to speculate on his future. The Maple Leafs have been rumoured to be in hot pursuit of the long-time NHL executive. REUTERS

Top 10

CHL Moskaik MasterCard Rankings

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2. Windsor Spitfires
3. Vancouver Giants
4. Shawinigan Cataractes
5. **CALGARY HITMEN**
6. London Knights
7. Quebec Remparts
8. Tri-City Americans
9. Brampton Battalion
10. Spokane Chiefs

Lack of depth means the Flames really *need* Pardy time

TheHockeyNews

With Jim Vandermeer sidelined for two months, the Calgary Flames blueline is just one injury away from disaster. The shallowest part of the organization is under the microscope as training camp sensation Adam Pardy steps in. Problem is, one more injury and there's not a lot to choose from. If it happens to be to a Dion Phaneuf or Robyn Regehr, goodbye playoffs.

On the bright side, fourth-year pro Pardy has earned the opportunity to play regular shifts and vie for a permanent job. He's not likely to average the 18 minutes Vandermeer has, but he should be capable of 12-15 anyway. It's tough to give Phaneuf and Regehr any more minutes than they already play without wearing them down, but Adrian Aucoin used to be a huge minute muncher with the Islanders and Mark Giordano has shown he's capable of adding a few more to his paltry average of 16:14.

With Rhett Warrener on injury reserve, the next option in case of injury isn't comforting. There's 33-year-old Anders Eriksson on the farm in Quad City. Problem is, he's as mistake-prone as ever and not getting younger. Ryan Wilson is an impressive 21-year-old offensive defenseman, but he's in his first year as a pro. Dan Spang, 25, and Brett Palin, 24, are middling prospects and Matt Pelech, 21, is Calgary's first-rounder from 2005 who has yet to blossom.

Surprisingly, the Flames didn't focus on defencemen with their first four picks in the 2008 draft, but their fifth pick, T.J. Brodie in Saginaw, and two picks in 2007, John Negrin and Keith Aulie, are all having impressive seasons in major junior. But they're at least two years away from contributing. In the meantime, Flames fans can only hope its Pardy time in Calgary and continued good health for the regulars.

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When finances get tight, luxuries are the easiest and most obvious things to cut. However, what's not so obvious is how to cut spending on the essentials, such as food. But with the price of what we eat predicted to soar this year, it's well worth looking for ways to cut spending.
This year's increase could translate into hundreds of dollars for many families. The typical family of four spends more than $8,500 a year on food. Sharp increases in fuel and commodity prices take most of the blame, says the U.S. Department of Agriculture.
But there are many things a family can do to cut food costs that involve more planning than sacrifice. "The first one is start paying attention to what you throw away," says Beverly Mills, one of the authors of the cookbook, "Cheap. Fast. Good!" "The most expensive food you buy is the food you don't eat."
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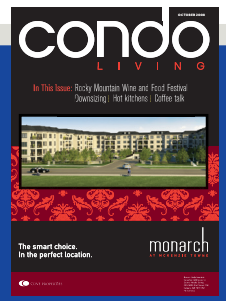

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Pop tops

Ceiling lights with sparkle becoming fixtures in homes

Signature Lighting & Fans, located at 3500 Blackfoot Tr. SE, suggests "designing with light" with surface-mounted fixtures for walls, ceilings or cabinets.

Ceiling lights can really make a room pop. Wander through any Calgary lighting showroom and you'll be amazed at the dazzling array of ceiling lights for your home. One superb source for lighting and expertise is Signature Lighting & Fans.

The company suggests "designing with light" with surface-mounted fixtures for walls, ceilings or cabinets.

"Installed on either walls or ceilings, surface-mounted fixtures are integral to most home lighting designs," says Michael Bornyk, president of Signature Lighting & Fans. "They're especially good at providing diffuse ambient light, though some fixtures are highly decorative."

Bornyk explains most of the surface fixtures have their own mounting hardware that adapts to standard fixture boxes. Ceiling fan/light combinations and large chandeliers may need additional support like a mounting bar, hickey or J-hook, while pendants and wall sconces can often plug into a nearby receptable.

"Flush-mounted fixtures, which mount directly to a housing box, provide general illumination in traffic areas such as landings, entries, and hallways," says Bornyk. "Kitchens, bathrooms, and workshops often benefit from the added light of surface fixtures used in conjunction with task lighting on work surfaces."

Chandeliers and pendants "add sparkle and style in high-ceilinged entries and above dining tables and breakfast nooks," he says. These fixtures provide can provide direct or diffused light or both.

What should you consider when choosing the fixture size? Bornyk recommends a pendant always be 12 inches narrower than the table. Chandeliers and ceiling fan/light combinations should also be installed with safety in mind, he adds.

For lighting options, Signature (located at 3500 Blackfoot Tr. SE) sells a vast selection. How about pewter track lighting for your hallway? Blown glass pendants can be a fresh, decorative feature in the kitchen. And a classic chandelier always adds sparkle and a glam feeling to any room, from dining rooms to bedrooms.

Carrington Lighting (2513 5th Ave. N.W. or 400-33 Heritage Meadows Way SE) also offers a brilliant host of ceiling lights. Recently, the stores introduced a stunner in the new, contemporary crystal chandelier by Schonbek. Also getting a glowing review in the illumination realm is housebrand Design Store (202-2212 4th St. SW), which showcases a modern collection of lighting like Bocci's 14 Series cast glass chandelier.

And Swedish accessory darling IKEA (8000 11th St. SE) can please both your home and budget with its design-savvy Brasa, Lunta, Rutbo, or Vestofa pendant, each priced under $50.

"The pleasures of good lighting have an elusive quality," says Bornyk. "When you walk into a room with a successful lighting design, you don't remark 'What fantastic lighting!' But your eyes sense that everything is comfortably visible, and you feel somehow both stimulated and at ease. In fact, our eyes don't observe the light itself, but rather the things on which it shines … a great lighting scheme serves as a silent partner in enhancing the surroundings."

FROM SOURCE MEDIA GROUP
EDITED FOR LENGTH
BY METRO CALGARY

The Fab Four

- The experts illuminate the four main lighting types:
- TASK:

This bright light illuminates a particular area where a visual activity takes place — reading, sewing or preparing food, for example. Task lighting is often achieved by means of individual fixtures that direct a tight pattern of light onto the work surface.

- ACCENT:

Similar to task lighting that it consists largely of directional light, accent lighting is used to focus attention on art work, to highlight architectural features, to set a mood or to provide a sense of drama. Beam spread, intensity and colour are often critical considerations for accent light.

- AMBIENT:

With ambient lighting, the undefined areas of a room are filled with a soft level of general light — say, enough for someone to watch television by or to navigate safely through the room. An ambient glow not only makes a room more inviting; it helps people look their best, filling in harsh shadows created by stronger point sources. Ambient lighting usually comes from indirect fixtures that provide diffuse illumination.

- DECORATIVE:

These fixtures draw attention to themselves as objects. The classic chandelier is an example, newer options include zoomy low-voltage pendant fixtures, neon, and fibre optics. Decorative strip lights can add sparkle and warmth to a room while highlighting architectural lines. SIGNATURE LIGHTING & FANS

Choosing the most flattering décor colours

HomeScape

Sylvia Putz
sputz@arrestingdesign.com

When it comes to choosing colors for home décor, take a clue from your closet.

Most people understand that they look good in certain colours. For example, a dark blue sweater can beautifully emphasize blue or grey eyes.

A blouse in a rich shade of peach can give a lovely golden glow to darker skin tones. A scarf in a vibrant rose colour can put a lovely blush into cheeks and lips.

If you've got a concentration of any particular colour in your closet (and most people do), chances are that you do actually look smashing in that colour.

You have probably noticed or other people have complimented you on how that particular colour is good on you — it flatters your skin tone, hair and eye colour. Of course you'd have lots of items in your closet in that colour! Who wouldn't?

Not surprisingly, what works for clothing also works for décor.

SICO

When choosing your room's dominant colour, consider tones that compliment your skin tone. Purples and muted whites, in this room from Sico paint, will make just about anyone shine.

"If you look good wearing a certain colour, the same applies to a room. If you surround yourself with that flattering colour, you'll look fabulous," says Jeffrey Fisher, designer and owner of Jeffrey Fisher Home.

If you're considering bringing a particular colour into your home, and you want to be sure it flatters your skin tone, just drape a fabric of that colour around your shoulders and consider the effect.

It should make you look good, enhance your skin tone or bring out the sparkle in your eyes.

And if family members have different skin tones, drape the whole family. Luckily, certain colours are flexible and look good with several different types of skin tone.

You can paint walls in light shades of the flattering colour, or you could follow the advice of a thousand decorators — go for a neutral colour on the walls, and add pulses of flattering colour in smaller, but more intense concentrations.

Or focus on using flattering shades in rooms where skin shows, such as bathrooms and bedrooms. Think bed linens, towels, shower curtains and throw rugs, which can all help showcase what your mama gave you.

Also consider using your colours on throw pillows, throws on sofas, draperies, rugs and upholstery.

One sure bet, says Fisher, is an elegant light "blush, peachy, pinky" colour — especially in a candlelit dining room or bedroom — that makes everyone look beautiful.

Sylvia Putz is a journalist with an interest in home decor and design. She has written extensively for the TV show Arresting Design.

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The original

Try this James Bond Martini recipe from Ian Fleming's first James Bond novel, Casino Royale: 3 oz gin; 1 oz vodka; 1/2 oz Lillet® Blanc wine. Pour gin, vodka and Lillet blanc into a cocktail shaker half-filled with cracked ice. Shake well, and strain into a chilled glass. Garnish with a twist of lemon. METRO NEWS SERVICES

Food

Pick up some great cocktail recipes such as Chocolate Martini, Hot Chocolate for Consenting Adults and Limoncello at Foodtv.ca.

Metro News Services

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

On the tip of James Bond's tongue

À la carte

Barb Holland

Metro Food Writer

In the spirit of Bond mania leading up to the release of Quantum of Solace, let's look at an arena in which this sophisticated and suave agent would feel right at home — the cocktail party. Beautiful and bejewelled women, men in tuxedos and the mysterious allure of strangers.

"Every once in awhile you take a little bite of this and a little sip of that, and it hits just the right note," says Canadian wine educator Shari Darling, who calls this the "Moan Factor."

Darling is the author of a new cookbook, Orgasmic Appetizers and Matching Wines (Whitecap Books), a book that would certainly appeal to James Bond, who's made many a woman moan. These treats would also be a killer for a pre-movie, entertaining night for guests.

Canadian wine educator Shari Darling recommends a brut sparkling wine with some lemon flavour for these Virgin Cherries Stuffed with Goat Cheese.

Virgin Cherries Stuffed with Goat Cheese

Darling recommends a brut sparkling wine with some lemon flavour for this recipe from her book. If you can find a small bottle of extra virgin olive oil infused with white truffles, it makes for a lovely drizzling oil for this easy and classy hors d'oeuvre. Makes 24.

INGREDIENTS:

- 24 large cherry tomatoes
- 4 oz (125 g) fresh goat cheese (chevre)
- Salt and pepper
- 24 tiny fresh basil or oregano leaves
- White truffle oil or extra virgin olive oil

METHOD:

Wash and dry tomatoes, cut a small slice off bottom of each tomato to sit flat (be careful not to break through tomato). Slice a thin portion from top of each tomato. Using a melon baller, scoop out the flesh, being careful not to break the skin.

To make the filling, combine goat cheese, salt and pepper to taste until smooth. Fill each tomato with 1 tsp (5 mL) mixture. Garnish each with basil or oregano leaves. Drizzle each with a little olive oil. Cover and chill.

Chicken and Mango in Crisp Wonton Cups

Both the cups and the filling can be made ahead. Assemble this Asian flavoured appetizer just before serving. Makes 32.

INGREDIENTS:

- 32 wonton wrappers (1-400 g package)
- 1 lb (500 g) boneless, skinless chicken breasts
- 1 ripe mango, finely diced
- 1/2 red pepper, finely diced
- 2 green onions, finely diced
- 1 tbsp (15 mL) minced fresh ginger
- 1 clove garlic, minced
- 1 tbsp (15 mL) each hoisin sauce and chili garlic sauce
- 1 tsp (5 mL) soy sauce
- Salt and pepper
- Cilantro leaves

METHOD:

Preheat oven to 350°F (180°C). Push a wonton wrapper into each cup of a muffin pan and bake 5 to 7 minutes or until golden and crisp. Remove cups to a wire rack to cool.

Continue with remaining wrappers, cool then store in an airtight container for up to two days.

Grill, bake or broil chicken breasts until cooked. Cool then dice into small cubes.

Combine chicken, mango, red pepper, green onion, ginger and garlic. Stir in hoisin, chili garlic and soy sauces.

Season to taste with salt and pepper. Filling can be made up to one day ahead, covered and refrigerated.

To serve, warm filling in microwave briefly to room temperature and spoon into cups just before serving. Garnish with cilantro leaves.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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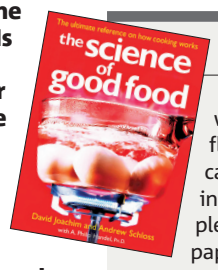
Try it for yourself
Now that you know a bit about cheesecakes, why not make one? Find a recipe from the book for Southern Comfort Cheesecake at metronews.ca. **METRO NEWS SERVICES**

The science behind 'delicious'

How do you make the perfect French fry? Is it better to salt a steak before or after grilling? The Science of Good Food, written by David Joachim or Andrew Schloss, is the first book to present the science of good cooking in an easy-to-use, A to Z format. Metro got a hold of this excerpt about one of the most beloved desserts: the cheesecake.



quick tip

• Cheesecake won't set? When flavouring cheesecakes, avoid mixing in raw pineapple, kiwi, mango or papaya. These fruits contain enzymes that digest proteins in the cheese and eggs, preventing the filling from setting.

What It Is

With its cookie crumb or pastry crust and dairy-based filling, cheesecake is more custard tart than cake. Pastries have been filled with various cheeses for centuries, and cheesecakes can be sweet or savoury. Most are sweet and made around the world with various fresh cheeses. For savoury cheesecakes, you can combine ingredients such as cream cheese and smoked salmon or cheddar cheese and bacon. You can also make cheesecake with other creamy ingredients like silken tofu.

What It Does

Like other custards made with eggs and dairy products, cheesecakes require even, gentle heat to prevent curdling. They are often baked in a water bath to evenly distribute the heat around the cake pan and provide moist steam to keep the baked custard from drying out. To avoid lumps, it helps to bring the cheese and eggs to room temperature before mixing the filling and to add the eggs one at a time. Gradual temperature changes also help prevent cracks. If the pan is too small, the filling will rise too high and will overcook on the edges before the centre is done. If the pan is too big, the entire filling may quickly overcook and crack.

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Spaghetti with Roasted Cherry Tomato Sauce and Basil

12 oz. spaghetti
1/4 cup minced fresh basil
1/4 cup crumbled goat cheese
1/4 cup sliced pitted black olives

Roasted Cherry Tomato Sauce

INGREDIENTS:

4 cups cherry tomatoes, halved (about 1 lb/500 g)
4 cloves garlic, sliced
3 tbsp extra-virgin olive oil
1 tbsp balsamic vinegar
2 tsp minced fresh rosemary
1/2 tsp salt
Pinch hot pepper flakes

METHOD:

Roasted Cherry Tomato Sauce: In 13-by-9-inch (3.5 L) metal cake pan, toss together tomatoes, garlic, oil, vinegar, rosemary, salt and hot pepper flakes. Roast in 400 F (200 C) oven until shrivelled, about 25 minutes.

In large pot of boiling salted water, cook pasta until al dente, 8 to 10 minutes. Drain and transfer to large serving bowl.

Add tomato sauce and basil, tossing to combine.

For more great Canadian Living recipes, visit metronews.ca

Sprinkle with goat cheese, olives, and more basil if desired. **Makes 4 servings.**

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Target in new fashion push

Target Corp. is launching a new fashion program aimed at collaborating with established designers, and the discount retailer will kick off the initiative in March with an apparel line by Alexander McQueen. **REUTERS**

Style

A convenient touch of Happy

Rushing from the office to a party and in need of a quick touch up scent? Try Clinique's Happy-To-Go set, which includes three portable fragranced pencils (4.8g) that can be used to glide onto the wrist or neck. Encompassing two main notes, citrus and floral, the pencils come in three scents: Wealth of Flowers, Hint of Citrus and Clinique Happy. The set retails for $37 and comes with a convenient pencil sharpener. Available in limited edition at Clinique counters across Canada. METRO NEWS SERVICES

EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Go for Nicole Richie glam with bold eyes and a gold gloss.

GETTY IMAGES

Get holiday hot

Seven pro makeup tips from experts

JANINE FALCON
for Metro Canada

In the upcoming whirlwind of festive engagements, you need a variety of beauty options. Paul Venoit, celebrity makeup artist and CoverGirl makeup pro, and Joli Baker, president of Pür Minerals, share their party-pretty advice to take you through the season:

1) Great-looking skin is where everything starts. "Don't overdo it, though," says Venoit, who recently appeared on the Rachel Ray show to help transform a viewer from everyday blah to Nicole Richie hot. "Let your skin show through. Apply a little concealer and foundation and, for extra holiday glam, use a large natural bristle powder brush to set with light mineral powder."

2) "My favourite holiday party looks always involve a bit of glimmer," says Baker. "Gold or silver on the eyes, a beautiful shimmer on the lips ... and don't forget the body." Baker likes a dusting of glow powder on arms, back, legs and décolleté. "It's absolutely sexy."

3) "Highlight the tops of the cheekbones, the brow bones, the inner corners of the eyes and the bow of your lips," says Venoit. "Reflect that evening light!"

4) Baker's smokey eye tip is ultra-quick; keep it in mind when you have to zoom from work to drinks, dinner or the office party. "Use an eyeliner brush to smudge black or navy shadow over your existing liner," she advises.

5) Give dark smokey eye makeup a twist with an unexpected colour hit. "Line inner rims with an eye liner shade that pops — turquoise, teal, violet or green," suggests Venoit. Or go for coloured shadow and line rims with black.

6) Winged liner is another hot look. Venoit recommends using black liquid liner pen, then adding intensity with a wet angle brush and black eye shadow. "Use short strokes to line across the base of the upper lashes, and exaggerate a bit at the end with a little flick up at the outer corner of your eyes," he says.

7) Support bold eyes with rosy nude or gold gloss for subtle sexiness on your lips. If you're rocking gold or silver eye makeup, ramp up the focus on your lips with rich, red gloss or a sophisticated deep red or berry lipstick.

Last, "Don't be afraid to add more drama than you would use during the day," says Baker. Venoit is of the same mind. "This is the time to play," he says. "Bring out your inner Diva, dahling!"

ABOVE: Estée Lauder Limited Edition Shimmering Jewel Powder, $37.

ABOVE: CoverGirl LineExact Liquid Liner Pen, $6.99.

RIGHT: Pür Minerals Holiday Eye Palette, $25

ABOVE: Pür Minerals Holiday Specialty Powder Palette, $39.50.

ABOVE: YSL Rouge Volupté lipstick in Red Taboo, $38.

BELOW: CoverGirl TRUblend Naturally Luminous Loose Powder, $13.99.

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Crowe may replace Ledger in Dirt Music
Actor Russell Crowe is in talks to replace late actor Heath Ledger in director Phillip Noyce's Dirt Music. Noyce's film is an adaptation of the Tim Winton novel about a couple in a loveless relationship. **IMDB.COM**

Entertainment

Rock respect
Soul diva Aretha Franklin has been named the greatest singer of the rock era in a Rolling Stone magazine poll.
BBC NEWS ONLINE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● A CLASSIC; ●●●●○ EXCELLENT; ●●●○○ GOOD; ●●○○○ FAIR; ●○○○○ POOR

Skipping a generation

Serena Ryder album likely to appeal to more mature fans

Serena **Ryder**

Album: Is It OK
Label: EMI
Rating: ●●●●○

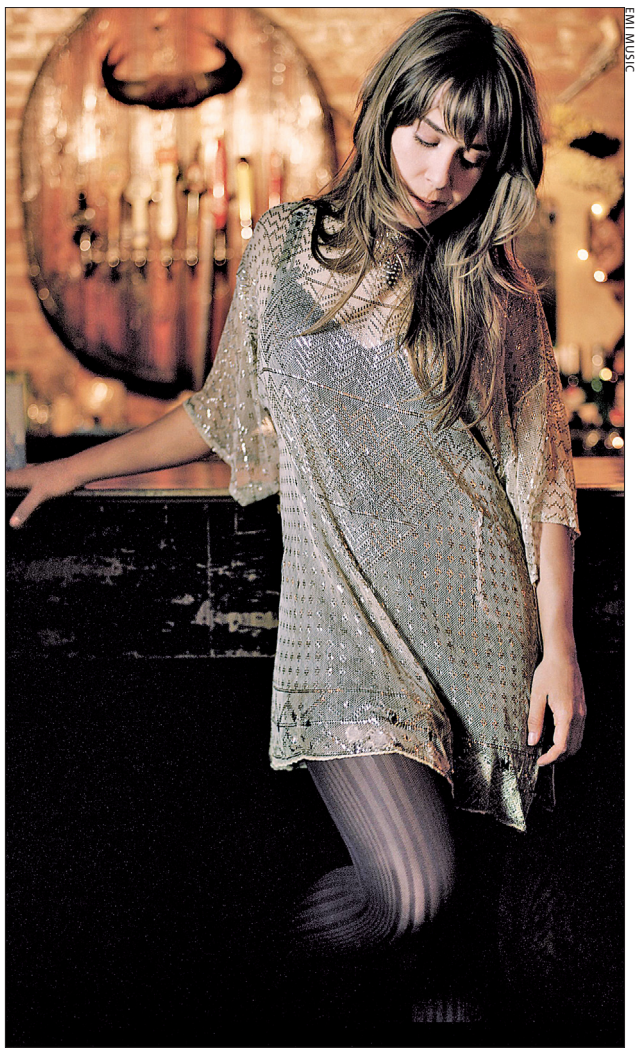
ON HER LAST CD, If Your Memory Serves You Well, this 24-year-old Peterborough native proved her three-octave voice can blow the socks off just about every other young singer in the country.

She took some undeserved flack, though, for recording an album of Canadian covers.

On her third album, Is It OK, Ryder shows she can write with the same kind of muscle that drives her voice, moving easily from bluesy folk to passionate power rock.

Unfortunately, Ryder's rootsy vocal stylings will likely appeal more to her parents' generation than her own.

Graham Rockingham/for Metro Canada



EMI MUSIC

On her third album, Is It OK, Serena Ryder shows she can write with the same kind of muscle that drives her three-octave voice.

Quantum of **Solace**

Album: Film Score
Label: J/Sony BMG
Rating: ●●●●○

I HAVEN'T SEEN the new James Bond film, but after listening to David Arnold's score, I don't have to. Intense blasts of violins and bass on The Palio signal a hurried chase, while slow, sweeping builds on Greene & Camille means a cautious Bond is peering around a corner.

While the music is predictable, it still sounds fresh, even though it's rooted in '60s spy music. It's not all swelling sounds though, the disc also includes Alicia Keys and Jack White's inventive fuzzy R&B-meets-classic 007 collaboration.

And, although this is probably better with the movie scenes in mind, don't be surprised if you start visualizing your own bond film when this disc is on.

Bryan Borzykowski/for Metro Canada

T-Pain

Album: Thr33 Ringz
Label: Jive/Sony BMG
Rating: ●●●○○

IT TOOK A while for T-Pain to be taken seriously in the urban circles, but now, three years after his debut, he's one of the most sought after rap/R&B practitioners around. On his latest the dreadlocked Floridian does something many rappers avoid — singing about heartbreak and love. He also discusses lap dances, and refers to Jesse Jackson's remark about castrating Barack Obama, but this is definitely one lovesick dude. Musically, he tones things down a bit here, but his famous autotune is in full force on nearly every song.

Bryan Borzykowski/for Metro Canada

Seal

Album: Soul
Label: Warner
Rating: ●●●●½

MY 10-YEAR-OLD son asked me to explain the meaning of R&B. A debate had been raging in the school yard. It's understandable, considering all the junk that's sold as R&B these days. Luckily, Seal's superb new CD of old school covers had arrived. "This is R&B," I said. The kid liked the James Brown and Curtis Mayfield tracks. He danced to Knock On Wood and sensed deeper meaning in the Sam Cooke classic, A Change Is Gonna Come. The Al Green songs were slightly icky, but by the end he was almost convinced that Seal has a better voice than Kanye. There is hope for the future.

Graham Rockingham/for Metro Canada

MusicReviews
music@metronews.ca

Tracy **Chapman**

Album: Our Bright Future
Label: Atlantic/Warner
Rating: ●●●½○

OUR BRIGHT FUTURE goes down easy, real easy. Folkie Chapman has never sounded more relaxed, or in better form. She's written concise, accessible songs that are both personal and topical. Chapman filled the recording studio with first-call musicians to help her deliver her message, which is sometimes sunny, sometimes somber, not too earnest, and always heartfelt. There are even splashes of humour, like on the celebrity tale I Did It All.

Our Bright Future has a laid-back, country jazz vibe. It's Sunday-morning warm and a pleasant, if sometimes redundant, listen.

Jim Reyno/Metro Canada

David **Archuleta**

Album: David Archuleta
Label: Sony BMG
Rating: ●●○○○

AMERICAN IDOL JUDGE Simon Cowell always had a twinkle in his eye for David Archuleta. It was inspired was by dreams of the multi-platinum sales a fresh-faced boy with a big voice could generate. Archuleta is the kind of kid that every mom wants to put in her daughter's Christmas stocking. Archuleta didn't win Idol, but he's getting the star treatment from the label, nonetheless. A small army of writers and producers was assigned to polish the life out of his album. The moms will love it. Not sure about the kids.

Graham Rockingham /for Metro Canada

Connery tops Bond poll

JIM REYNO
Metro Canada

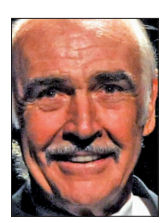
metro life panel

When it comes to Bond, it's Sean. Sean Connery is the overwhelming favourite big-screen James Bond, according to Metro readers.

A recent Metro Life Panel survey found 45 per cent of worldwide respondents pick the bald Scot as the best Bond. Slick Pierce Brosnan is a distant second at 24 per cent. Stoic Roger Moore has 18 per cent support, followed by the abdominal-workout obsessed Daniel Craig, the current Bond. There's also two guys on the poll named Timothy Dalton (two per cent) and George Lazenby (one per cent).

In terms of sex, Connery is the choice of both of them — 48 per cent of men, 43 per cent of women. Moore is No. 2 for guys (21 per cent), while women prefer Brosnan (29 per cent).

When you break the data down by country, nobody feels more passionately about anything than the Italians feel about Connery.



Connery

He dominates the field, getting 62 per cent of the vote in Italy. No other Bond tops 15 per cent.

In Canada, we like the current Bond more than anyone else. Sixteen per cent of Canadian Metro readers take Craig. His next highest approval rating is in Sweden (14 per cent).

Overall, 42 per cent of Canadians pick Connery as top Bond, followed by Brosnan (26 per cent), Craig (16) and Moore (14).

As for the Bond bad guys, Goldfinger (21 per cent) is the worldwide winner. In Canada, we prefer the steely mouthed, multi-film villain Jaws (23).

There were 5,598 respondents to the October survey.

Moore dislikes violent 007

MOVIES Movie audiences nowadays expect scenes of graphic violence in James Bond movies, unlike when Roger Moore played the super spy with a tongue-in-cheek humor, the actor believes.

"I am happy to have done it, but I'm sad that it has turned so violent," Moore said before Quantum of Solace, starring Daniel Craig as a darker 007, opens in North America tomorrow.

"That's keeping up with the times, it's what cinema-goers seem to want and it's proved by the box-office figures," Moore said.

The new Bond film opened in London on Oct 31, breaking the British weekend box-office record with a gross of $25 million US. It has taken in more than $106 million worldwide so far.

REUTERS

30ROCK

Guest Starring
Jennifer Aniston

10:30 Tonight

Citytv

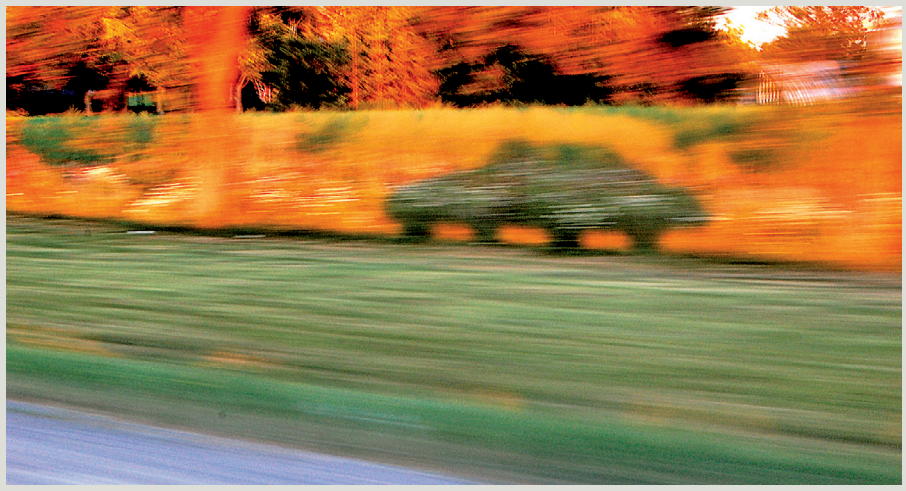
ROGERS™

Metro Global Photo Challenge 2008

G.ONE MEDIA

"All the colours of an immaculate vibrant sunset, sweet corn fields and the silhouette of my Jetta cruising a country road."
Mauricio Tabares, Toronto

Invisible Car



"Graffiti represents perfectly today's urban life in which people can express their feelings and emotions. This photo represents the contrast between the city and the nature."
Audrey Des Roberts, Toronto

On The Road

Metro's Global Photo Challenge has drawn 3,890 entries from across Canada. The Top 10 photos are on display at the CN Tower in Toronto until Nov. 16. See these full photos and vote for your favourite shot online at **metronews.ca/photochallenge** until Nov. 23.

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Metcalfe takes a tumble
Actor Jesse Metcalfe was briefly hospitalized after falling from a second-story balcony in Monaco on Sunday, but suffered "no long term damage," according to his rep. **PEOPLE.COM**

Creation and destruction

IntelleVision

rick.mcginnis@metronews.ca

BUT ISN'T THAT THE POINT? Tony Sirico's Paulie Walnuts was one of the best characters on HBO's The Sopranos — twitchy and volatile, constantly on the verge of a psychotic episode, he was a soothing reminder that, with guys like this around, the long term viability of the Mafia would always be in doubt.

Not content with a character actor's career, Sirico has apparently put his name on a new cologne — Paolo Per Uomo — that's gotten a fairly scathing review from the New York Post, who took it out to Times Square to test out on New Yorkers.

"It reminds me of a hard night," said one young woman. "It's way too much. If you put it on, you have to air yourself out," said another.

"At first whiff, we were sipping wine with Tony and Big Pussy at the Bada Bing," wrote the Post's Raahkee Mirchandani, obviously warming to the task.

"A few more whiffs — and we sensed top notes of cigar ash and polyester jumpsuits with hints of stripper sweat and a cream-filled cannoli."

Paolo Per Uomo was unveiled at the Perfumers Choice Awards in Manhattan, and will be joined by an aftershave and deodorant, according to Sirico, though there's no news about whether they'll also smell "like every lasagna-loving, spaghetti-slurping mob-boss wannabe or cheap imitation consigliere," as per the Post's description.

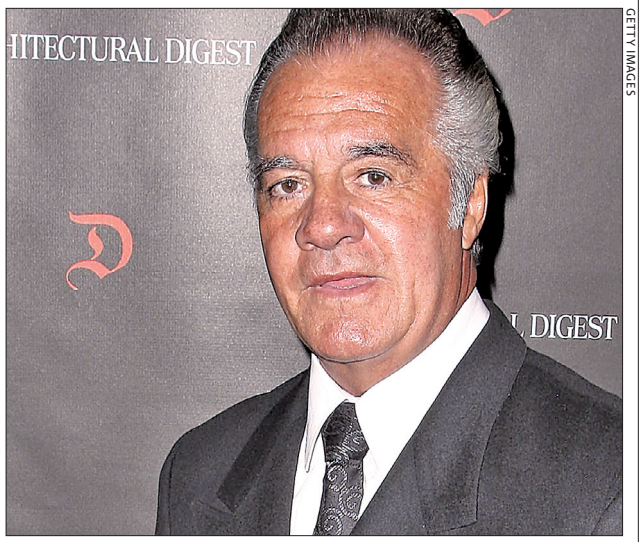
Evocative words, no doubt, but you have to wonder who'd buy the stuff if it didn't.

LIKE JACKASS FOR STUPID PEOPLE...DID I JUST SAY THAT? Human Wrecking Balls is a new show on the G4 network in the U.S., where a pair of brothers demonstrates how to tear things apart using just their bare hands, shoulders and bodies, accompanied by the odd guest star, like the Danzig bassist who helps them wreck a hotel room.

"An office, an '80s muscle car and a small airplane" are all the victims of the Pumphrey brothers' unique skill set, according to a USA Today story, while experts like a structural engineer offer the educational component, describing "the strength of the items being destroyed and the force needed to pulverize them."

This and a few cases of Red Bull could have a ripple effect on apartment leases and struggling relationships all over the country, if I know anything about young men with too much time on their hands.

Rick McGinnis writes about music, movies, books and television, but not opera.



GETTY IMAGES

The Soprano's Tony Sirico has attached his name to a new cologne called Paolo Per Uomo.

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metro
Do it daily.

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/13/08 primetime	267	351	- ACCESS	Help TV		Medium		Hole in the Wall		Eleventh Hour "Frozen"		Help TV
	243	317	3 CFCN	etalk	Dance	ER "Heal Thyself" (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)		Grey's Anatomy (N)		Life on Mars
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Life on Mars (HDTV) (N)		Survivor: Gabon (N)		The Office (N)	Billable Hours	News Hour
	246	-	8 CKAL	Law & Order: SVU		Secret Life of American Teen		Ugly Betty (N)		30 Rock	30 Rock	Your City
	119	705	9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		Grosse vie (N)	C.A. (N) (SC)	Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)		Survivor: Gabon		CSI: Crime Scene Invstgtn.		Eleventh Hour
	-	374	14 KSPS	NewsHour With Jim Lehrer		Frank Sinatra: His Music		Sherlock Holmes Mysteries		Globe Trekker (DVS)		Soundstage
	502	390	15 CBC	CBC News: The National		The Adventurers (N)		CBC News: The National		CBC News: The National		Adventurers
	-	370	16 KHQ	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Raymond	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock	ER (N)
	-	373	22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	Kitchen Nightmares (N)		Kitchen Nightmares (N)		News (N)
	297	652	37 WPIX	(6) NFL Football New York Jets at New England Patriots.				CW11 News at Ten (N)		Friends	Friends	Sex and-City
news	500	500	29 CNN	CNN Presents "Escape From Jonestown" (N)				Anderson Cooper 360		CNN Presents "Escape From Jonestown"		
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	(6) NFL Football New York Jets at New England Patriots.				SportsCentre		E:60 (N)		Poker Night
	408	418	27 net	NHL Hockey Toronto Maple Leafs at Edmonton Oilers. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected (Live)		Best-Sports
	410	403	30 SCORE	College Football Virginia Tech at Miami. (Live)		Score Tonight		Score Tonight		Score on NFL	Final Score	Sports Rage
	411	457	44 OLN	Survivorman		Pilot Guides Specials		Pilot Guides		Don't Forget Your Passport		Commando
	417	406	48 SPEED	Pinks -- All Out (HDTV)		Wrecked	Wrecked	Pinks (HDTV)	Pass Time	This Week in NASCAR		Pinks -- All Out
family	552	543	20 YTV	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Naturally Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	6teen	Total Drama	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	The Critic
cable variety	575	583	11 CMT	(6) The 42nd Annual CMA Awards (HDTV) (Live)				CMA Awards Red Carpet		The 42nd Annual CMA Awards		
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*How I Married My High School Crush* (2007, Romance)				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	House	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560	24 TLC	American Chopper		LA Ink (HDTV) (N)		American Chopper		LA Ink (HDTV)		Amer. Chopper
	603	561	25 FOOD	Unwrapped	Secret Life of	Jamie's Kitchen Australia		Restaurant Makeover		Challenge		Unwrapped
	615	520	26 A&E	The First 48 (HDTV)		The First 48 (HDTV)		Crime 360 "Fatal Feud"		The First 48 "Silenced"		The First 48
	617	522	32 SHOW	EastEnders	Spaced	Painkiller Jane		ReGenesis (HDTV)		Trailer Park	Trailer Park	Saving Grace
	601	562	33 SLICE	X-Weighted "Kristi"		The Biggest Loser		Rich Bride, Poor Bride		X-Weighted "Kristi"		Biggest Loser
	-	633	34 ENC2	(7:05) *The Specialist* ★★ (1994, Action) Sylvester Stallone.				*The Little Drummer Girl* ★★ (1984, Suspense) Diane Keaton.				*Professional*
	520	505	35 DISC	True Stories: James Bond		MythBusters		Daily Planet		Monster Moves		Interrogation
	620	523	36 BRAVO	*The Saddest Music in the World* (2003, Musical) (DVS)				Law & Order		Without a Trace		*Cheaters*
	294	650	40 WPCH	Friends	Friends	*Cliffhanger* ★★★ (1993, Action) Sylvester Stallone.				Family Guy	Family Guy	Seinfeld
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	-	539	42 TCM	*We Live Again*	*Beloved Enemy* ★★ (1936, Drama)			(9:15) *Come and Get It* ★★★ (1936, Drama)				*Nana* (1934)
	628	584	43 SPIKE	TNA iMPACT! (HDTV) (N)				Jackass	Jackass	UFC 91 Countdown		UFC: Access
	522	516	45 HIST	Bloody Italy		NCIS "Forced Entry"		Battlefield Mysteries		Battlefield Mysteries		NCIS
	627	528	46 SPACE	Battlestar Galactica		Chuck (HDTV)		Stargate SG-1 (DVS)		Lost "Maternity Leave"		Deep Space 9
	-	-	47 AMC	(6) *The Man in the Gray Flannel Suit* (1956, Drama)				(9:15) *Big* ★★★ (1988, Fantasy) Tom Hanks, Elizabeth Perkins.				
	619	525	49 TROP	Make or Break	Naked Fashion	Beverly Hills, 90210		Make or Break	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	The West Wing		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Commander
	269	350	93 APTN	Suaangan (N)	Wapos Bay	By the Rapids	renegadepress	*The Matrix* ★★★ (1999, Science Fiction) Keanu Reeves, Laurence Fishburne.				
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Vancouver	Kirdaar	Dheeyan Ghar	Sadabahar	Desi-Mama
	571	581	100 MMM	Listed		Gene Simmons	Gene Simmons	Party of Five		Freddie Mercury: Magic		Party of Five
	570	580	101 MM	Video on Trial	Instant Star	50 Cent: Money and Power		Muchmusic Countdown			Pimp My Ride	MuchVibe
	581	566	102 MTV	The Hills	Girls-Latitude	Exiled Eastern Panama.		MTV Live	After	Man and Wife	The Hills	Exiled

critics' corner

The Saddest Music in the World
Isabella Rossellini stars in this offbeat 2003 musical comedy as a beer baroness in 1930s Winnipeg. She offers $25,000 to whoever can produce the world's most melancholy melody, drawing contenders from all over the globe, including a washed-up Broadway producer (Mark McKinney, "Kids in the Hall") and his brother (Ross McMillan), who's posing as a Serbian cellist. Maria de Medeiros and David Fox also star. 7 PM on BRAVO

Doc Zone
Remember when flying was a pleasant experience? Unless you can afford to go first class all the time, that's no longer the case. The new documentary "The Sky's the Limit" looks at the future of air travel — specifically, the impact that rising fuel costs, global climate change and the rise of the middle class in India and China are expected to have on the flying experience. It may just turn out that we'll go back to the days when only the well-off could flv. 9 PM on CBRT

Sandler has another sequel

Adam Sandler and his wife have welcomed their second child, the comedian has announced. "Jackie and Adam had a beautiful baby girl, Sunny Madeline on Nov. 2," Sandler posted on his website. "Everyone is happy and healthy." **PEOPLE.COM**

Celebrity Buzz

Will Brangelina add to the brood?

FAMILY Actors Angelina Jolie and Brad Pitt are reportedly eager to adopt a child from South America, but they are finding it difficult to negotiate the complicated adoption laws, femalefirst.co.uk reports.

The couple already has three adopted children: Maddox, 7, Pax, 4, and Zahara, 3. They also have three biological children: Shiloh, 2, and baby twins Knox and Vivienne.

"We've thought about South or Latin America, but it's very complicated," Jolie says. "Brad and I aren't married, so, as a technically single woman, there are lots of countries I can't adopt from. And, as a technically single man, most countries wouldn't allow Brad to adopt at all. Some countries won't let you adopt a child if you already have a child of the same gender at home."

METRO NEWS SERVICES

Aniston says mind your own business

PRIVACY Jennifer Aniston has a simple message when it comes to her on-again relationship with John Mayer: "People need to mind their own business," the actress tells Vogue in its December issue, People.com reports.

Of course, Aniston, 39, understands why so many people are intrigued by their romance. There's the age difference — Mayer is eight years younger — and the musician's high-profile past relationships with starlets like Jessica Simpson. "Did you ever think Claudia Schiffer and David Copperfield made sense?" Aniston says.

METRO NEWS SERVICES

Madonna's rules

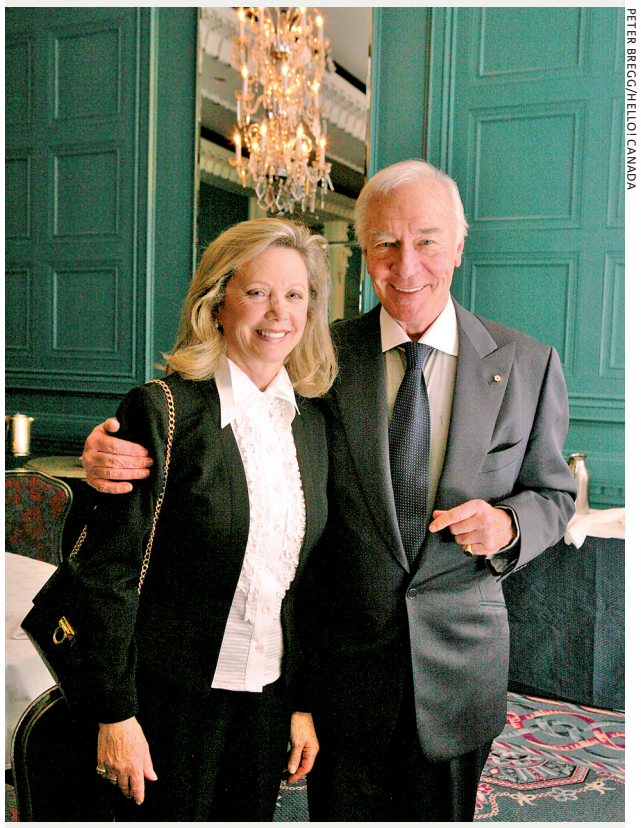
DIVORCE If Guy Ritchie wants to see his kids, he better follow the strict rules his estranged wife Madonna has laid down, PageSix.com reports. She demands that while Rocco, 8 and David, 3, are with their dad in London, they can't read newspapers or magazines, meet his girlfriends, or have their photograph taken, the Daily Mail reports.

Madonna also reportedly insists the boys drink only kabbalah water, wear clothes made from natural fibres, and play with "spiritually and ethically" sound toys.

Lourdes, Madonna's 12- year-old daughter by Carlos Leon, remains with her in New York.

METRO NEWS SERVICES

HELLO! Hot shot of the week



PETER BREGG/HELLO! CANADA

Canada's own Christopher Plummer poses with "my partner and my life," his wife of 40 years, Elaine, in Toronto. The veteran stage and screen actor recently released his memoir, In Spite of Myself, which candidly documents his love of drinking and, in his earlier years, womanizing. "I chose the naughty side of life," he tells HELLO! Canada.

HELLO! CANADA magazine, now available on newsstands — read more at hellomagazine.ca

Fergie feasts for filming

DIET Singer Fergie isn't worried about putting weight on this holiday season, usmagazine.com reports.

"I've actually gained 10 pounds!" she said. "No, really — for the film, Nine. Actually, 13 to be exact."

"I ate everything!" she continued. "Fish and chips. Everything fried — things I don't normally eat."

But now, she said, "I have to give it up! So, yeah, I'm in that phase! Back to diet designs — my food delivery service!"

Fergie also added that she doesn't have any post-holiday workout plans.

METRO NEWS SERVICES

Farrell found it tough to take over Ledger role

LEGACY Colin Farrell, Johnny Depp and Jude Law hit headlines earlier this year when they stepped in to help finish Heath Ledger's final film The Imaginarium of Doctor Parnassus — but the decision to climb on board and bring to life his good friend's role was torment for Farrell, foxnews.com reports.

"It was a very difficult decision to make, when I first heard about it I totally freaked at the idea," Farrell told Tarts.

"But it was important to get Heath's work out and doing what I think Heath would have wanted, which was finishing the movie to its entirety."

GETTY IMAGES PHOTOS

METRO NEWS SERVICES

Nicole loves Keith!

SWEET LOVE Nicole Kidman has paid a gushing tribute to husband Keith Urban, imdb.com reports.

The couple wed in 2006. The actress couldn't hide her happiness at the Glamour awards show in New York on Monday, thanking her country star beau for loving her.

"Three-and-a-half years ago, a man came along and said, 'I'm going to take you to Tennessee.' And he took me down there and he said, 'I think you deserve to be loved. Let me love you, let me give you a home, and let's make a baby.' So thank you, Keith Lionel," Kidman said.

METRO NEWS SERVICES

Blake has lots of baggage

STORAGE One of the best parts of being on Gossip Girl for Blake Lively is having nice handbags, People.com reports.

"I probably have, like, 60 gorgeous bags," the 21-year-old tells W in the December issue. "I have a closet with my really sharp, fancy, nice ones — the ones that go with my Valentino pumps, for example. And then I have a closet with the ones that are a little more rugged-feeling, the kind that go with my Belstaff motorcycle boots."

METRO NEWS SERVICES

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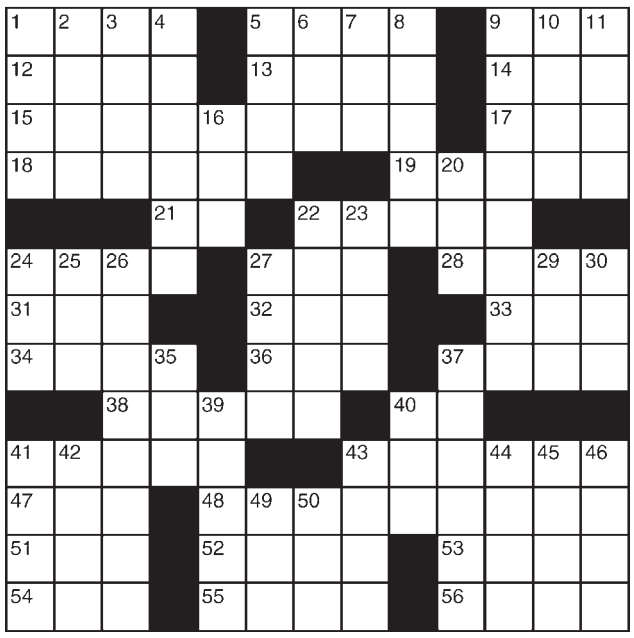
Take Five



Crossword across

1 Ring out
5 Spud's buds
9 Crony
12 Malaria symptom
13 Freebie
14 Latin 101 word
15 It opens in the fall
17 Tier
18 Slowly
19 Out of dreamland
21 "People" competitor
22 Bob Woodward book
24 Put one over on
27 Foundation
28 Swindle
31 Historic time
32 Lubricant
33 Witness
34 Pink-slip
36 Exist
37 Nasty
38 Trophy, e.g.
40 Familiar greeting
41 Shaggy hairdos
43 Panda food
47 E.T.'s craft
48 Supreme
51 — Lanka
52 Object of devotion
53 Blue matter
54 Turf
55 Yield
56 Lhasa — (dog)

Crossword down

1 One of the Three Bears
2 "Zounds!"
3 Emanation
4 Group of teams
5 Reverberate
6 Thee
7 Ambulance VIP
8 Lance
9 Eden
10 Beyond control
11 Actor Rob
16 Opposite of "trans-"
20 Symbol of intrigue
22 Bizarre
23 Not working
24 Updated "groovy"
25 Spoon-bender Geller
26 Overly fearful
27 Piglets' pop
29 Meadow
30 Barbie's friend
35 Ram's mate
37 Champagne + O.J.
39 Jellied entree
40 Scenery chewer
41 Disarrange
42 Frizzy do
43 Curse
44 Dislodge
45 Responsibility
46 "Beetle Bailey" dog
49 Expert
50 Scepter

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8			4	2			
2	9			3		6		4
		3	9			8	5	
	3	6			4		2	1
			7		6			
9	4		1			5	6	
	7	1			5	3		
6		4		7			8	5
			4	8			7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	A	F	E	■	G	E	L	■	S	T	A	R		
I	C	O	N	■	O	L	E	■	T	H	E	E		
T	H	R	E	W	O	F	F	■	E	R	O	S		
S	E	E	M	E	D	■	T	A	L	E	N	T		
■	■	■	Y	E	S	■	S	O	L	E	■	■		
A	C	T	■	P	O	T	■	L	A	W	N	S		
D	A	H	L	■	N	O	H	■	R	A	I	L		
S	P	R	A	T	■	P	U	G	■	Y	A	Y		
■	■	E	X	A	M	■	N	O	D	■	■	■		
B	O	N	N	I	E	■	D	R	E	A	M	T		
A	L	O	E	■	T	H	R	E	S	H	E	R		
R	I	D	S	■	R	A	E	■	K	E	N	O		
T	O	Y	S	■	O	L	D	■	S	M	U	T		

1	9	4	2	6	5	8	3	7
3	6	2	4	7	8	1	9	5
8	7	5	1	9	3	6	2	4
5	1	8	3	2	7	4	6	9
9	3	6	5	1	4	2	7	8
2	4	7	9	8	6	5	1	3
7	5	3	6	4	2	9	8	1
6	8	9	7	5	1	3	4	2
4	2	1	8	3	9	7	5	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spicy Broccoli and Cauliflower

INGREDIENTS:
5 cloves garlic
1 green chili pepper
2 tbsp (25 mL) olive oil
1 lb (500g) broccoli florets
1 lb (500g) cauliflower florets
2 oz (50g) Emmenthal cheese
2 oz (50g) Cheddar cheese
3 tbsp (45 mL) dried bread crumbs
2 tbsp (25 mL) capers
1–2 tbsp (15–25 mL) pickled green peppercorns
Salt and black pepper

METHOD:
1. Preheat the broiler and put a pot of water on to boil.
2. Peel and thinly slice garlic. Seed and chop chili pepper.
3. Heat oil in a frying pan or large wok with a lid. Add garlic and chili pepper, stir in broccoli and cauliflower florets, sprinkle with salt and pepper, and add 3/4 cup (150 mL) boiling water. Cover pan and cook vegetables over high heat for 4–5 minutes, until they are tender. Stir or toss halfway through cooking. Drain well.
4. Meanwhile, grate Emmenthal and Cheddar cheeses and mix them with bread crumbs.

5. Stir capers and peppercorns into vegetables. Transfer to a shallow flameproof dish, sprinkle cheese and bread crumb mixture over the top, and place under broiler until cheese melts and topping turns golden. Serve hot.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A speaker has reservations about you. A group looks to you for support. A passionate encounter is ruined by bad timing.

TAURUS
APRIL 21-MAY 21
A dubious tale threatens a newfound friendship. A whiner gives up on optimism. A practical person puts away remorse.

GEMINI
MAY 22-JUNE 21
Cut a long story short to steer clear of slippery slopes. A hidden opponent makes a conversion. Uncertainty about work continues.

CANCER
JUNE 22-JULY 22
Excessive responsibility can lead to arguments. An encounter in a corridor will end a bad situation. Exhausting events force your eyes open.

LEO
JULY 23-AUG 23
Everyone's talking about what's about to happen. Running wild affects your work prospects. You'll live up to your own expectations.

VIRGO
AUG 24-SEPT 22
Winning an argument will be frustrating. Be truthful with a special person. A perky woman will do things properly.

LIBRA
SEPT 23-OCT 23
A fateful meeting will be remembered. The cost of disagreeing is not worth it. Refuse to take part in cruel activities.

SCORPIO
OCT 24-NOV 22
Don't play rough with an immature guy. Ethical problems must be dealt with. A VIP impresses others with a new technique.

SAGITTARIUS
NOV 23-DEC 21
A strong man is hiding something. A dramatic person frightens people. Lethargic daydreamers start to irritate you.

CAPRICORN
DEC 22-JAN 20
Accept an invitation if you care about someone. Take a walk on the wild side. Bungling fails to amuse you.

AQUARIUS
JAN 21-FEB 18
Expect some good things to come your way. A helpful person single-handedly goes off track. Certainty develops about a messy romance.

PISCES
FEB 19-MARCH 20
Give someone extra respect and concede a loss. Other people won't argue unless you do. Avoid complaints after a spirited encounter.

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